

Elk Point REVIEW

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Tuesday, October 23, 2012

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ATCO
Purchases REA

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Wildrose
Holds AGM



Multi, Beef 4-H
double learning
potential ...Page 3



Vicki Brooker photo

Guardians of the flame

Elk Point Fire Chief Ken Palamarek (right) and volunteer firefighter Darryl O'Reilly kept a close eye on the barbecue on Thursday, as they manned the grill for the Credit Union Day barbecue lunch, a fundraiser with proceeds going to Elk Point Emergency Services.

Deck those halls, businesses urged

By Vicki Brooker
Review Staff

Elk Point businesses are being urged to decorate their premises in time for the Nov. 30 Christmas Extravaganza. "We know that some can't decorate their windows, and are limited to how many lights they can hang up," says Elk Point Chamber of Commerce president Debra McQuinn. "I know that banks, for example, have regulations they have to follow. But we hope that those who can decorate will go all-out."

To give the businesses an added incentive to decorate, the chamber is dusting off its Best Decorated Business plaque, which was won by Quins Tattoo and Gift Shoppe both years that judging took place. This year's winning business will have their name added to the list and will have the honour of displaying the plaque in their premises for the coming year.

The Elk Point Seniors' Recreation Centre has been confirmed as the site for the photos with Santa Claus sessions, and will also be the location of a trade and craft show during the late afternoon and evening. For the last 20 years, that event has been hosted by F. G. Miller High School, a site currently undergoing renovations.

Various options were discussed for this year's grand prize, with the winner to be drawn from all the draw slips collected from participating businesses after their in-store prize draws are made. This year's grand prize winner will receive a deepfreeze and gift cards for the winner's choice of groceries to fill it up.

"That's a prize we feel that anyone can use," McQuinn said. Previous grand prizes have included wide-screen televisions, which are no longer luxury items, and trips to Disneyland and via the snow train to Japser, which might not appeal to all winners.

"Food is something we all need and enjoy."

Busy summer, growth for Rural Crime Watch

By Vicki Brooker
Review Staff

The Greater Lakeland Rural Crime Watch Association looked back on a busy and successful summer last week as they met for the first time since June.

The large and colourful Rural Crime Watch float made its way down parade routes in both Elk Point and St. Paul, winning second prize in Adult Clubs and Organizations on Canada Day in Elk Point and earning many admiring glances from those who lined the streets for the St. Paul rodeo parade.

In addition, the group attended three promotional events, setting up their display at the Stoney Lake Rodeo's trade fair, Elk Point FCSS Information Night and St. Paul Community Awareness Night, with volunteers handing out information and signing up about a dozen new members.

They had hoped to attend the Mallaig Sportsmen's Show as well, but were unable to secure a table for that event.

RCW president Levina Ewasiuk felt the Association's presence at all the events had increased its visibility and made area residents aware that Rural Crime Watch is alive and active in the Lakeland area, thanks to the effort of the volunteers.

Vice-president Orest Sereda urged volunteers selling memberships to make sure the information on membership applications is complete, as he had to track down information for several of the new applicants before they could be accepted by the RCMP.

New membership cards have arrived, and the executive will have a plan in place for their distribution to both new and longtime members by the next meeting.

Sr. Paul RCMP Cst. Marty Breckenridge encouraged the

group to continue their efforts.

"Information is key, even if you think it's trivial. People know what should be in their area, and what shouldn't." Reports of unusual vehicles and occurrences are often helpful in obtaining search warrants, he noted.

Young people were seen as an additional source of information. A member whose child had attended a DARE program said it was "the best thing ever," and opened the child's eyes to potential hazards in the neighbourhood. Darlene Sereda, who works at Elk Point Elementary School, said the school's farm safety course also makes children aware of hazards. She suggested a Rural Crime Watch session for students could also be valuable, as it would "tell them what to look for" as they travel to and from school as well as around their own yards.

(Continued on Page 2)



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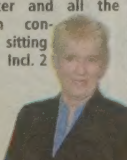
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Elk Point REA members vote to sell to ATCO

ELK POINT — At a special general meeting held Sept. 5, 2012 the members of the Elk Point Rural Electrification Association (REA) voted 87 per cent in favour of a motion to sell their electric distribution system to ATCO Electric, pending approval by the Alberta Utilities Commission and all sale conditions being met. Upon

completion of the sale, each member will receive just over \$19,000 for each site they own. The motion to sell was based on an ATCO Electric purchase proposal requested by the Elk Point REA Board of Directors. "It has been a great honour to be an REA for the past 57 years and to have had a part in bringing electricity to rural Alberta," said

Ed Smith, President, Elk Point REA. "It was time for us to explore our options for the future and to present them to the membership. By selling to ATCO Electric, we will have lower monthly distribution rates and the peace of mind that we will continue to receive reliable electrical service for generations to come." "We have been privileged to serve the Elk Point REA and its membership since it was first formed back in 1955 and to have developed strong ties to the

community," said Brent Kobelka, Manager, Southeast Region, ATCO Electric.

"On behalf of ATCO Electric, I would like to applaud all Elk Point REA members who have served on the Board over the years for their work to build and maintain their electrical system. We appreciate the opportunity this sale brings us to continue to serve them and the rest of the membership."

A rural electrification

association is a not-for-profit cooperative that owns an electrical distribution system and supplies electric energy to members in a rural region of Alberta.

ATCO Electric provides safe, reliable delivery of electricity to nearly 213,000 customers in 245 communities across Alberta and is part of the ATCO Group of Companies. ATCO Group, with more than 8,800 employees and assets of approximately \$13 billion, delivers service excellence

and innovative business solutions worldwide with leading companies engaged in structures and logistics (manufacturing, logistics and noise abatement), utilities (pipelines, natural gas and electricity transmission and distribution), energy (power generation, natural gas gathering, processing, storage and liquids extraction) and technologies (business systems solutions).

More information can be found at www.atco.com.

Halloween Family Frolic

Sponsored by: Elk Point Ukrainian Dance Club
Saturday, October 27, 2012
at Allied Arts & Leisure Centre

FREE CARNIVAL GAMES 6:00 pm to 7:30 pm
FAMILY DANCE 7:30 pm to 12:30 am
Door Prizes / Costume Contests for all Ages
FOOD VENDORS

Bring your **FOOD DONATIONS** to
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- Mrs. Bjorkman at
F.G. Miller High School Library
- Faye Poitras / Casandra Nelson /
Brienne Greening at ATB Bank

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\$5 / Ticket for 4-12 years
\$10 / Ticket for 13 years - Adult
Kids 12 and under MUST be accompanied by an adult.
Tickets available at the door.

ID required for Cash Bar



Rural Crime Watch

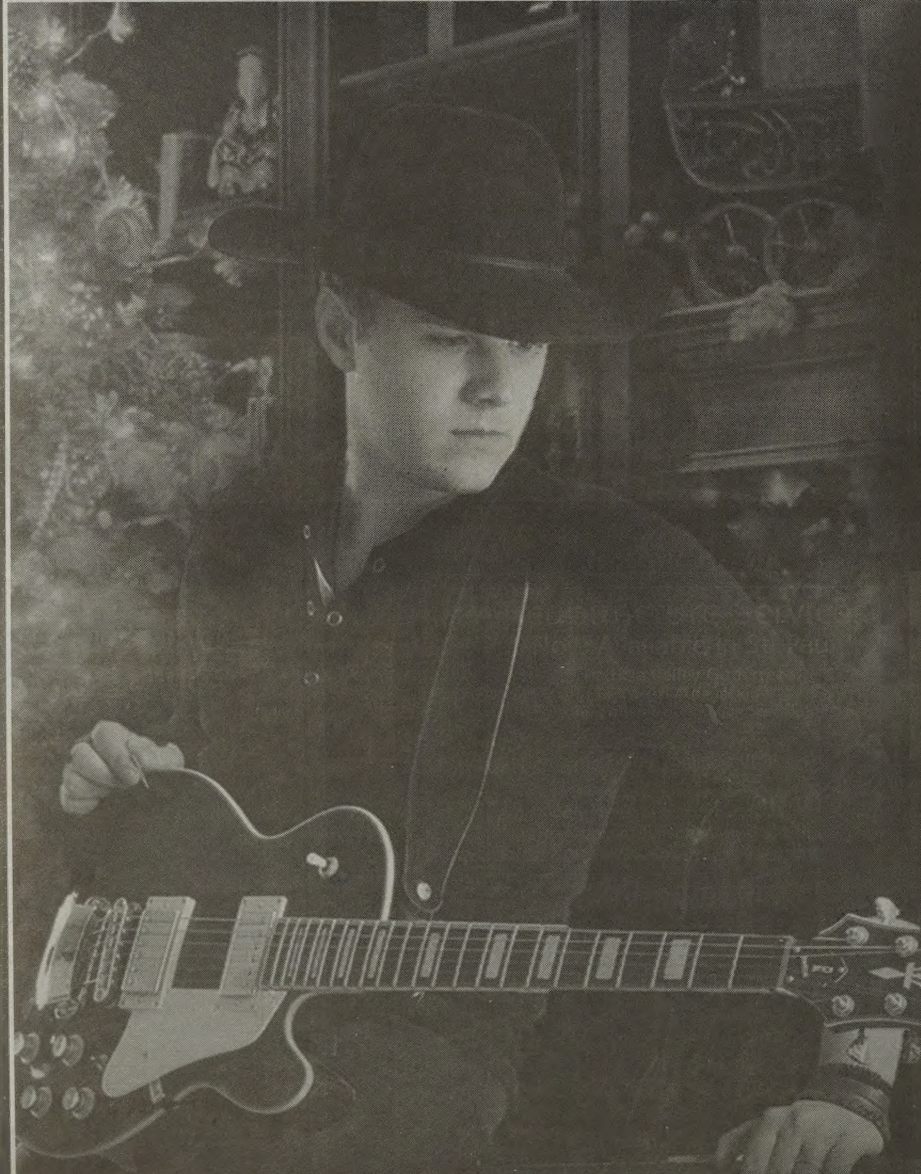
(Continued from Front Page)
 Posters completed by Elk Point students were judged at the June meeting, and although the information had been distributed, no posters have been submitted by other schools, Ewasiuk reported.

The next Rural Crime Watch meeting is slated for Thursday, Nov. 15 at 7 p.m. at the County of St. Paul office, and will feature a presentation on security cameras.



Fill the hearse for the Food Bank

A special feature at the upcoming Elk Point Ukrainian Dance Club Halloween Frolic will be to "fill a hearse" for the food bank. The club has arranged to have a hearse on site. Hearse owners Grant & Karen McDonald, who belong to a hearse club in Edmonton, have graciously offered their car for the event. Please be sure to bring your non-perishable food items to the Halloween Frolic on Oct. 27 at the Allied Arts Center. If you unable to attend the Frolic, you are still more than welcome to drop off a donation.



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Twin Elk Point 4-H clubs double the learning-to-do-by-doing potential

By VICKI BROOKER
Review Staff

Elk Point now has two separate 4-H clubs to provide local youth with 'a great place to grow.'

The motto of 4-H is 'Learn to do by doing,' and these clubs will help their members do just that, whether they're raising prime Alberta beef, taking a photo of a brilliant sunset sky or teaching their favourite dog new tricks.

Elk Point 4-H has been part of the community since 1965, fostering leadership skills and community involvement for close to a half century. Many projects have been added to the original beef over the years, from pheasants and small motors to cooking and market lamb, as the club grew into a thriving Multi Club. Elk Point also was home to the Elk Point Saddle Slickers Light Horse Club for a number of years.

Growth in recent years has been so encouraging that a decision was made earlier this year to divide the club in two, with one group concentrating solely on the beef project, while the Multi Club continues to offer a variety of projects to meet the many interests of its members.

Beef Club leader Erin Wells says the new group is off to a great start, with 15

members and three Cleavers on board. Their president is Larissa Lupul, who was formerly with the St. Paul 4-H Multi Club, while Taylor Robbie is vice president, Ashley Bristow is treasurer and Kailey Wirsta is secretary. Dustin Pinder and Matthew McAnally share the roles of club reporter and historian, while Nicole Bristow is the club's parliamentarian.

The club has not decided on a permanent location for meetings, and for now, will rotate among the homes of member families, sometimes with the meetings in conjunction with events such as the club's weigh day, which is coming up Nov. 12 at K-Cow Ranch.

Having meetings dedicated to their project will be an advantage, Wells feels, as members and leaders can concentrate on "what these members need to know." The separation of the two clubs will also make it more fair financially, she feels.

"Beef is in expensive project to keep together, and it wasn't always fair if the multi club raised money and the beef project used up most of it."

The clubs will still get together for activities, and "what we can do together, we will," Wells says.

"Hopefully, this goes over well. I think it

will."

Multi Club overall leader Jason Boorse is also confident that the move is a good one. He has about 15 members, and is still hoping for more before the Dec. 1 cut-off date. "We always have room for more, until that time."

The Multi Club has four projects this year, sheep, crafts, canine and horse, and "sheep is the big one." The club is "still nailing down who the leaders are."

Madison MacDonald is this year's Multi Club president, with Nolan Vogel as vice president, Mackenzie Evans as secretary, Morgan Evans as treasurer, Wolke Cueva

taking the combined role of club reporter and historian, and Lyon Cueva as parliamentarian. Meetings are on the second Wednesday of the month in the Horizon Room at A. G. Ross Arena.

Boorse says the club is "expanding more for the town kids" and notes, "they have a different schedule than the rural kids. (The change) is designed to make sure it's good for everybody."

Regarding the move to two clubs, Boorse said, "It's not that we're not talking to each other. We'll participate together whenever we can, and like all the clubs in the district, we're always working together."

Fun for the family coming Saturday at Halloween Frolic

By VICKI BROOKER
Review Staff

If the last two years are any indication, the third annual Halloween Frolic, hosted by the Elk Point Ukrainian Dance Club, is going to be another smash hit.

This event is huge fun for the whole family, filling the Elk Point Arts and Leisure Centre with a kaleidoscope of colourful and imaginative costumes, great snacks, spooky decorations and fun activities for all ages.

The evening starts off at 6 p.m. with 'penny carnival'-type games, from bowling and bean bag toss to some more challenging games for the older children. No pennies required - the games are included in the very reasonable admission to the event, with tickets available from Denise Bjorkman at F. G. Miller High School or from Brianne Greening, Faye Poitras or Cassandra Nelson at ATB Financial.

At 7:30 p.m., the games draw to an end and a family dance hits the floor, with music the whole family will enjoy and plenty of room to kick up your heels.

Costumes are a huge part of the evening, and in previous years, the Frolic has attracted everyone from Shrek and his lovely wife Fiona to a whole family of Smurfs to Dorothy and her entourage of lion, tin man and scarecrow, straight from Oz. Speaking of tin men, who can forget the stately

knight who was in attendance last year, looking like he just escaped from the Crusader mural in the high school gym?

Judging the best costumes is sure to be a challenge for the judges again this year, who will determine the winners of a variety of prizes for various age groups. Door prize draws

will also be made during the evening.

Make sure to bring along your non-perishable food items to the Frolic, and help to fill up the sleek white hearse you'll find sitting outside the main doors with contributions to the food bank.

Halloween's almost here - let the Frolic begin!

THE

ELK POINT REVIEW

will be doing a special salute to all those from our area who served Canada during the two world wars, Korean War and other conflicts or peace-keeping missions, in the November 6, 2012 issue.

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DEADLINE OCTOBER 31, 2012.

Capsule Comments

by Your Natural Choice Apple Drugs pharmacist, Chris Letawsky



- The Canadian Cancer Society reported a 21% drop in cancer deaths in men between the years of 1988 and 2007. For women, the drop was only 9% mainly due to the fact that women took longer to cut back on smoking than men.
- The classic symbol of the prescription is the Rx sign. It is from the Latin verb recipere meaning "to take". The symbol is often found on doctors' prescription pads implying the patient to take this medicine.
- The good nutrition that pregnancy requires should continue during breastfeeding as well. In fact, eating a bit more (400-500 more calories per day) is indicated. There is no special diet for breastfeeding moms but it should include whole grains, fruits and vegetables and enough water each day to keep hydrated. If the urine is too dark, drink more water.
- The number of totally new drugs in the research "pipeline" is increasing. These are new molecular entities, not "me too" type variations of medications already on the market. There is a trend to looking for medicines for rarer, under-treated diseases like melanoma, lupus and hepatitis C...good news for sufferers of those diseases.
- One of our goals as your pharmacist is to keep current on all the new drugs that are coming on the market. Lifetime learning is a philosophy we believe in. It helps us be better pharmacists and be a better healthcare resource for you.

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LAKE RESIDENTIAL

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EDITORIAL

One less excuse

There could be an unexpected upside to the NHL lock-out, at least for small town Alberta.

If hockey fans aren't heading to the city to games, they won't be stopping on the way to shop for everything from groceries to Christmas gifts. It's not that they won't make shopping trips but it will give them one less reason to do so.

Support your local merchants... and local hockey teams.

WAY BACK WHEN...

Long petition, short portage

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF OCT 23 IN...

1987

Vernon and Colleen Sharkey were recognized for their devotion and commitment to Heinsburg Community School at the school's annual awards night, where Kirsten Vinge won the annual citizenship award and Patricia Goertzen the highest Grade 12 average in the advanced diploma program. An outdoor skating rink behind the arena was under construction, thanks to the cooperation of generous businesses, groups and town council.

1992

Ray Danyluk became the new Division 2 councillor for the County of St. Paul, with Bob Smith returned to his Division 1 chair and incumbent Marvin Bjornstad returned to Ward 2 of the Elk Point Hospital Board. Ed Buck was back in Elk Point's mayor's chair, leading a council composed of Betty Callbeck, Mae Hendrickson, Vern King, Lawrence Pidluzny, Danny Povaschuk and Bill Schuhmacher, Buck also retaining his school board seat.

1997

A 405-signature petition expressing the community's concern over the shortage of mailboxes and the subsequent long lineups to receive general delivery mail was presented to representatives of Canada Post, with Mayor Ed Buck noting that the town had been the problem for some years, since the oil boom of the 1980s. Member of Parliament Leon Benoit was questioned on the future of the Canada Pension when he visited Elk Point, in the wake of government plans to increase CPP premiums and to tax pension benefits early in the next century.

2002

Minister of Community Development Gene Zwodzesky came, saw and was so impressed by Fort George and Buckingham House Provincial Historic Site that he pledged support for continued operation and improvements to the facility. Seven weeks after fire devastated their recreation centre, Elk Point seniors were happy to resume activities, when Northern Lights Library System offered them use of the warehouse portion of their headquarters for bingos and card games and Elk Point Elementary School offered their facility for the seniors' Christmas party.

2007

Rendezvous 2007 was a preview for the visit of the 2008 David Thompson Bicentennial Brigade, as a 24-foot voyageur canoe was carried into the Elks Hall by its hardy crew to become the centerpiece for an evening that included fascinating stories of the fur trade from Lac La Biche historian Tom Maccagno. Pengrowth Corporation was assessing the potential of the former Murphy Oil holdings and laid plans for a pilot project in the Lindbergh oilfield.

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.



GUEST COLUMN

A special day

October 23 is a special day for a couple of reasons. The first reason is a maybe. After months of rumors that Apple is likely to debut the 7.85-inch iPad sources familiar with Apple's plans said the Cupertino-based company is preparing to unveil the iPad mini on Oct. 23, which will supposedly be priced to compete with less expensive offerings from Amazon and Google, reports Reuters. So there you go, smallness and mini is now what is new.

What else is special about October 23? It is also representative of something that is small, and it is known as "Mole Day". It is the day we celebrate the mole. No, not mole the animal, and not mole, the congenital growth, not mole the sauce, or even mole the spy.

Mole Day celebrates the mole that is a SI unit measuring the quantity of a substance. And, scientists (who are known for letting loose and partying) have a great time on Mole Day. Chemistry majors, teachers and chemistry buffs, this special day is for you.

National Mole Day commemorates Avogadro's Number (6.02×10^{23}). To thoroughly enjoy National Mole Day, one must first understand what a "Mole" in Chemistry is. A "mole" is a basic measuring unit. It equals the atomic mass of a single molecule. It is measured in grams. This measure was discovered by Italian Amadeo Avogadro. Chemistry teachers celebrate this day by getting kids more interested in chemistry. They create special lesson and lab experiments around the theme of chemical measurements. What mole-tastic experiment is being done in the Chemistry lab at F.G. Miller today?

Why celebrate from 6:02 a.m., to 6:02 p.m.? Look at the chemical formula for a mole. It starts with the number 6.02. What is the origin of National Mole Day? National Mole Day was first conceived in an article in *The Science Teacher* in the early 1980s. The term 'mole' is likely derived from the German word Molekül meaning molecule. One of the great traditions of Mole Day is the pun, and the dorkier the better. Just in case some of you need the definition of the word "pun", the dictionary says a pun is humorous use of a word in such a way as to suggest

two or more of its meanings or the meaning of another word similar in sound. The word "dorky" is not in my dictionary, so let's say the word basically means: as ridiculous as possible. For example: Question: Why is it bad to tell mole jokes? Answer: It's mole-ically incorrect. Question: Where does Avogadro stay on vacation? Answer: In a mole-tel.

Question: How does Avogadro write to his friends? Answer: By e-mole! Question: What's Avogadro's favorite baseball team? Answer: The Moleanta Braves. Question: Why is Avogadro so rich? Answer: He's a multi-mole-ionaire! Question: What are mammoles? Answer: Four-legged animoles! Question: How would you describe a stinky chemist? Answer: Mole-odorous.

The last question: What did the generous mole say when his friends crashed his party? Answer: The mole the merrier!

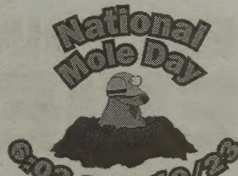
Now that we know that Mole Day is really around Avogadro's Law, a.k.a. Avogadro's theory, Avogadro's hypothesis, for those of us who may have forgotten our Chemistry history, let me give you a brief summary. Avogadro's Law is a principle stated in 1811 by the Italian chemist Amedeo Avogadro (1776-1856). The principle is: "equal volumes of gases at the same temperature and pressure contain the same number of molecules regardless of their chemical nature and physical properties". Avogadro's number (conventionally represented by N in chemical calculations) is now considered to be the number of atoms present in 12 grams of the carbon-12 isotope (one mole of carbon 12) and can be applied to any type of chemical entity.

So trying to estimate how a scientist would think, of course Apple would announce the iPod mini on the same day as "Mole Day". We may think the iPod mini is really a modern technological discovery, we may not think it is related to science but when you think about it - they both involve measurement.

Speaking of measurement, there is a recipe of the day for "Dutch Pumpkin Soup" and I could give you that recipe but let me wish you Happy Mole Day instead and you decide what garden recipe you want to follow on this day.



deanna
EASTHOPE
from the FCSS desk



ELK POINT REVIEW

5022 - 49 Avenue, Elk Point, AB

Mailing Address:

Box 309, Elk Point, Alberta T0A 1A0
or Box 159, St. Paul, Alberta T0A 3A0

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Editor: Vicki Brooker

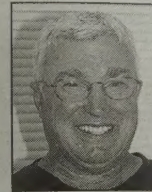
Email Address: production@stpaul.greatwest.ca



Vicki Brooker
EDITOR



Melanie McRae
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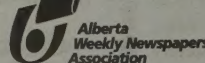
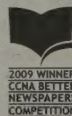
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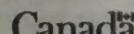
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Wildrose holds annual general meeting

By RYAN MCCrackEN
Review Contributor

The Wildrose Lac La Biche-St. Paul-Two Hills constituency held its Annual General Meeting last Tuesday, with 50 members of the public coming out to discuss issues pertinent to the St. Paul region with local MLA Shayne Saskiw and Chestermere-Rocky View MLA Bruce McAllister.

Elder care

Some of those present at the meeting were curious as to how quickly menus in elder care facilities will show improvement after concerns about the food quality prompted the province and Alberta Health Services to move towards meal preparation on site.

Saskiw noted that while there have been some changes made, there is still a long way to go to ensure food services are improved across the province's long-term care centres.

"Our opinion is that until every single kitchen is operating out of a hospital and all the ingredients are bought locally and all of it is cooked by a local chef or cook that we are not going to stop," Saskiw said, adding that so far this has only been done for 72 elder care facilities in the province.

"We will battle for better healthcare in a province that seems more interested in

helping the wallets of senior health executives instead of putting patients first."

Bullying

Bullying was one topic that was raised during the question and answer session with Saskiw and McAllister, and both noted that change is on the horizon for implementing a way to reduce bullying in schools.

"The government actually is making changes to the education act, and part of those changes will include anti-bullying provisions," Saskiw said, noting that the education act has not been changed for 25 years. "Essentially, if the student is being bullied, there has to be provisions that provide for serious consequences. Unfortunately, because the legislation is old, they don't have any of those provisions in there."

No-Zero Policy

The notion of eliminating the "no-zero" policy in Alberta was discussed at the annual general meeting with both Saskiw and McAllister expressing their opinion that it has no place in Alberta schools. The "no zero" policy recently made headlines after a teacher in Edmonton lost his job after repeatedly giving zeros to students not doing the work.

"You don't want to come out telling school boards and teachers how to mark,

and I don't think it's our job as a government to do that, but at the same time we have to be bold enough to put forth some kind of clause in the education act that enables teachers to give a mark that they feel is appropriate and not have to worry about losing their job because of it," said McAllister.

Standardized testing

One question that was raised at the meeting was in regard to Alberta's standardized testing in elementary school and exam weighting in high schools.

While some voiced opinions that provincial achievement tests should be eliminated, others supported their continued use.

"When we were door knocking throughout the constituency, we talked to teachers and students and it's about a 50/50," Saskiw said, adding that the party will need advice and feedback in order to move forward on this issue.

McAllister pointed out that through talking to voters, he believes it may not be necessary to eliminate the tests entirely. "What I've heard to this point . . . is most people pushing for them to be changed for the better, not eliminated."

Wasteful spending

A recurring topic at the meeting was the notion that the Progressive Conservatives

spent nearly \$114,000 on unused hotel rooms during the London Olympics.

"It's our job to get after them about that," McAllister said. "Can you imagine flushing \$114,000 down the toilet? Let's say you booked a travel trip for 20 of your relatives and then you realized maybe 14 weren't going. Would it be unreasonable to expect you to call and cancel those rooms?"

Saskiw made a point of saying that it will be part of his agenda to publicly release information regarding the use of all taxpayer money.

"We continue to fight for accountability for every one of your tax dollars and how it's being spent, and we'll continue to identify wasteful spending," Saskiw said.

New executives

The Wildrose Lac La Biche-St. Paul-Two Hills Wildrose constituency also named its new board of executives at the meeting. Carl Christensen has taken over as president for the constituency, while Kellie Nichiporik will be the new VP of communications, David Inscho takes over as VP of policy and Raymond Germain will be the VP in charge of fundraising.

Debra Lozinski will remain treasurer of the constituency, Donna Hanson will maintain her position as secretary and Amy Dyck will continue in her role as VP of membership.

Alzheimer's coffee break today

By VICKI BROOKER
Review Staff

Need a coffee break? If you're reading this before 4 p.m. on Tuesday, Oct. 23, you still have time to come on down to Elk Point Municipal Library and support a very worthwhile cause while you sip your favourite hot coffee or tea and munch on a goodie or two.

Once again this year, Elk Point Library is joining clubs and organizations across the country to support the Alzheimer Society's major nationwide annual fundraiser to assist local Alzheimer Societies.

Participants at these events make a donation in exchange for a cup of coffee. The money raised stays in that province or community to help support local programs and services. Thanks to sponsors and participants, more than \$1.2 million was raised across Canada in 2011.

This is the 17th annual campaign for the Society, and started on Sept. 20, continuing into October.

Elk Point Library Board and staff are happy to help

out with this endeavour and to assist those coping with this extremely debilitating condition that affects not only those who suffer from it, but also their families.

It is estimated that half a million Canadians currently suffer from Alzheimer's, with 71,000 of them under the age of 65. One in every 11 Canadian seniors has

Alzheimer's or a related dementia, and it is estimated that within a generation, this number could double.

One cup of coffee, one organization at a time, people across Canada are doing what they can to help those afflicted with what has become the second most feared disease associated with aging. Please help.

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UPCOMING LOCAL CLINICS

Date:	Time:	Location:
Wednesday, October 24	3:00 PM - 8:00 PM	Elk Point Seniors Centre,
Monday, October 29	9:00 AM - 3:00 PM	5018 48 Street, Elk Point
Tuesday, November 6	3:00 PM - 8:00 PM	Elk Point Community Health
Wednesday, November 14	3:00 PM - 4:00 PM	Services, 5310 50 Avenue,
Wednesday, November 21		Elk Point
Tuesday, October 23	9:30 AM - 12:30 PM	Fishing Lake Community Hall,
Tuesday, October 30	1:00 PM - 3:00 PM	Sputinow

Please bring Alberta Health Care Card. Short sleeves recommended.

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No contract talks here - just great, competitive hockey!

We have no time for contract talks in Elk Point; the teams hit the ice this past weekend in their first league games.

Atom B

The first team to christen the ice at the A.G. Ross Arena ice was the Atom B team, who played against Cold Lake early Saturday afternoon. With only nine skaters in the lineup the kids had plenty of ice time. "Danny Boy" Cardinal sticking one into the twine assisted by Ronan "Radar" Poulin. Goalie "Sexy Slader" Hardcastle did a tremendous job stopping the puck, and I should say, not without the help of his three D-men; "Radar" Poulin, Brandon "Bart" Schaap and Brandon Goertzen. They did a great job of keeping the no parking zone in front of the crease cleared. Forwards Alex Duffee, Colby McQuinn, Jenna "Precious" Poitras, Erin Duffee and the first time player Jorja Theriault did a super job of fore checking and back checking. The short bench powered out in the third and lost the game, but still tied it up on the shot clock at 32 shots each on net.

Atom A

Talk about shots! Lots and lots of shots for Colton "B Train" Van Maarion, the net minder for the Atom A team that played the big tier one Wainwright Bisons team on Sunday at home. Well over 70 shots on net in total. That's enough rubber to retread the entire "B Train". The Atom As will be playing their first month in tier one, after that they may be moved down to tier two, depending on their record, but not before. North East Alberta League rules state, "If your association tiers your teams, the top team plays the first month in tier one." Something I personally don't agree with, but it is what it is! Dylan "the Destroyer" Ference finding the back on the net with two, "Hammering Hank" Rogal hammered one home too! "Raging Paige" Henderson and little "Lightning Liam" Ludlage with the assists.

Pee wee Avalanche

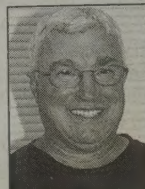
A stroll in the park for the Pee wees on Saturday afternoon at home against Pierceland. Seventeen to zip for the Avalanche. Team captain "Awesome Alex" Hunter with six of them, four for a guy who's not afraid to get his hands a little dirty, Dustyn "Dust Pan" Pankiw, a hat trick each for the "Big O" Brody Odgaard and Hayden "Hot Wheels" Ludlage, Nicholas Tucker notching in one as well. Chad "Pick Pocket" Poitras, Cyle Graus, Tyler Jamieson and Warren Ference all contributed with assists.

When you play an easy team one day, back-to-back with a much tougher team the next day, sometimes you get caught with

your pants down. The Pee wees traveled to Cold Lake on Sunday and did just that. The boys got caught flat footed, four goals against them in the first 10 minutes. After the break, the second period was a whole different story; the boys outplayed Cold Lake in the second, gained momentum and got within two goals. But they never could quite catch up in the third. It was almost like a two for one deal. The boys would score one and Cold Lake would score two. "Awesome Alex" notched four goals "Hot

**doug
BASSETT**

Review Sports



Wheels" a pair, Nicholas Tucker with his blistering slapshot right upstairs scored two; "Dust Pan", "the Big O" and Spencer Hardcastle with one each. Defenseman Warren Ference and Kaiden "K Rock" Evans-Anderson doing the grunt work, adding some of the assists. The final 16 to 11 for Cold Lake.

Pond Hockey

Something new this year in Elk Point is Pond Hockey. The team ended up with 15 players, half of them who have never played organized hockey before.

They have been having a lot of fun with their Friday night practices. Robbie Tchir, James Pinder Jason Pankiw and Shaun Pavoll are taking turns to coach and Lindsey McDonald is helping out as well.

Pond Hockey players are: Eros, Wolke and Lyon Cueva, Chayse Pankiw, Zachary Tchir, Adana Pinder, Tammy and Nathaniel Roberts, Wyatt Pavoll, Kolbie Poitras, Sydnee Crawford, Nolan and Carson Vogel, Cale Henderson and Jaden Plaska, a great and enthusiastic bunch of kids that are just playing for fun.

Avalanche alumni

Over in St. Paul, the lone remaining Elk Point player on the Midget A Canadiens, Brett "Moose" Ockerman still has that wicked blue line slapshot down pat, even after sitting out most of last season with a concussion. He whizzed one past the goalie's ear and added a pair of assists in the Habs' 10-4 win over Lloydminster on Sunday, winding up a great weekend that started with a 4-2 win in Boyle on Friday night.

Another former Elk Point player is off to a great start with the Lakeland Pee wee Girls Jaguars. Fawn Ockerman contributed two assists and some strong defense in a pair of wins this weekend.

And now for the K.A. Campbell quote of the week. "Its how you show up at the showdown that counts." Last week's answer to "The first thing is to love your sport. Never do it to please someone else." - Peggy Fleming.

Have a sports scoop? Now you can email them to sportshound007@hotmail.com



4-H Used Battery Recycling

ELK POINT 4-H MULTI CLUB IS STILL COLLECTING USED BATTERIES.

To donate your used battery, please drop off at one of the battery sheds either at the Elk Point Transfer Station or at Prairie Tech Oilfield. Should you wish to have the battery picked up, please contact the following **BEFORE Sunday, October 28:**
Maria 780-724-4493; Crystal 780-724-4766

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After-School Crafts program returns to the library

A crafty crew of youngsters gathered at Elk Point Municipal Library after school last Thursday for the first session of this year's After-School Crafts program. After starting off with a story, everyone found a seat at the tables in the children's area and got right down to work, turning pairs of tissue boxes into brightly coloured 'monster feet,' complete with pointy claws. Librarian Daphne Schnurer, handing out materials below, was pleased with the good turnout and promises more fun to come at future sessions later in the season. In the meantime, if you see strange, rectangular tracks out there... it just might be a monster! Kids, don't forget to stop by the library from 4 to 6 p.m. on Halloween to collect some treats! Adults, stop by and visit our gypsy tea cup reader!



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 or see our Website:
www.elkpointbaptistchurch.org

St. Vladimirs' Ukrainian Orthodox Church, Elk Point

For service times,
 call 645-5156, St. Paul.

United Church of Canada 4822 - 50 Ave., Elk Point 724-3616

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Bible Fellowship Church Clondonald

Services held every
 Sunday at 11 a.m.

Remembrance honours the past, the present and the future

BY GORDON MOORE
*Dominion President,
 The Royal Canadian Legion*

Once again Remembrance Day will soon be upon us. A time for Canadians of all ages to remember the more than one hundred thousand fellow citizens who fought, bled and died protecting our freedoms along with the countless others who have served our country.

But Remembrance Day should not only be reserved to remember those who made the ultimate sacrifice.

BIRTHDAY

**Peter Andrishak
 (DAD)**

**Happy 88th
 Birthday**

On October 25th



XXX
 Pat

It should also be a practical remembrance of the living – the disabled Veterans, RCMP members, widows, widowers, orphans and family members of those who served who are in need of a helping hand.

Members of the Royal Canadian Legion are, as one of their core responsibilities, the Guardians of Remembrance. The Poppy Campaign organized by the Legion, in conjunction with Remembrance Day, helps alleviate suffering and addresses the needs of Veterans and their families who may not have the financial wherewithal for basic necessities.

The Legion assists with purchasing medical equipment, awarding bursaries for needy students, providing support services such as meals-on-wheels and drop-in centres and helping with some basic residential repairs to name but a few.

So much of the Legion's work in our communities goes unnoticed. Every day this organization of more than 330,000 people makes significant contributions, not only to enhance the lives of Veterans, but also for seniors, Cadets, Scouts, Guides, as well as serving

members of the Canadian Forces and RCMP and their families.

The Legion remains fiercely proud to be Canada's largest Veterans services organization. Our advocacy work on behalf of all who have served in the Canadian Forces and RCMP ensures that they receive life-long support and recognition for their service to this country. Thanks to their desire to give back, the Legion was created and continues to this day to support our communities in countless ways. The Royal Canadian Legion's Poppy Campaign provides everyone with the opportunity for practical remembrance and it is hoped that this year, with the recent conflicts in Afghanistan and Libya as with our aging Second World War and Korean Veterans, more Canadians will wear the Poppy than ever before.

There's more to the Legion than you might think. We Care! Find out today how you can get involved by visiting your local Legion branch... because you care; because you can.

Let's We Forget.

Safe cooking of mechanically tenderized beef

SUBMITTED COPY

Health Canada has started a review of the science around the safe handling and cooking of beef products that are mechanically tenderized, to identify what advice should be communicated to consumers and the food industry.

Some meat handlers and even some Canadians at home tenderize cuts of beef, including steaks and roasts, using machines or tools made for this process. Mechanically tenderizing meat is a very common practice and has been used by suppliers, restaurants and retailers for many years to improve the tenderness and flavour of cooked beef.

While this review is ongoing, and to make sure that any bacteria that may be present in the meat are killed, Health Canada and the Public Health Agency of Canada are encouraging Canadians to cook mechanically tenderized steak and beef cuts to an internal temperature of at least 71 degrees Celsius (160 degrees Fahrenheit). Reaching 71 degrees Celsius (160 Fahrenheit) would cook a steak or roast to approximately "medium" doneness, although a digital food thermometer should be used to be sure that the safe internal temperature is reached.

In addition to this interim advice, Health Canada and the Public Health Agency continue to recommend that Canadians take steps to protect against the risks of food-borne illness, including E. coli. These steps include:

- Wash your hands before and after cooking;
- Keep knives, counters and cutting board clean;
- Keep raw meats separate from other foods when you store them; and
- Refrigerate or freeze left-overs promptly.

Canadians who are at greater risk of complications from foodborne illness, and their caregivers, should be particularly cautious about making sure any mechanically tenderized beef products are thoroughly cooked and handled safely. These groups include seniors, pregnant women, young children and those with weakened immune systems.

In general, the internal temperature of a steak or other solid cut of meat is not a significant health concern given that any harmful bacteria that may be present would normally only be on the surface of the meat and would be eliminated even if cooked "rare". However, when steaks and beef cuts are mechanically tenderized, there is a potential for bacteria to spread from the surface into the centre of the meat. As a result, there may be an increased chance that bacteria like E. coli O157:H7 are not fully eliminated when these beef products are cooked "rare".

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130. Coming Events

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200. Business/Invest. Oppor.

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1005. Help Wanted

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International Credit Union Day celebrates credit union members

SUBMITTED COPY

On Thursday, Oct. 18., Alberta's credit unions celebrate International Credit Union Day alongside credit unions in over 90 countries. This year's theme, "Members Matter Most" celebrates the key concept behind credit unions - its members.

Credit unions have a long history of community ownership and support. In North America, 10 cents was the first credit union deposit made in Levis, Quebec at the caisse populaire, originally called the people's bank and now known as the credit union. At the end of its first six years, total assets had climbed to almost \$50,000 from the original 10 cents. Today, Alberta's credit unions have much to celebrate as they continue to experience exceptional growth. Combined credit union assets in Alberta as of July 31, 2012, were \$19.4 billion. As of October 31, 2011, Alberta's credit unions posted \$135 million in profits before tax with members receiving more than \$49 million in patronage and share dividends.

Alberta credit unions are not only trusted financial institutions for Albertans but are also active participants in local and international communities.

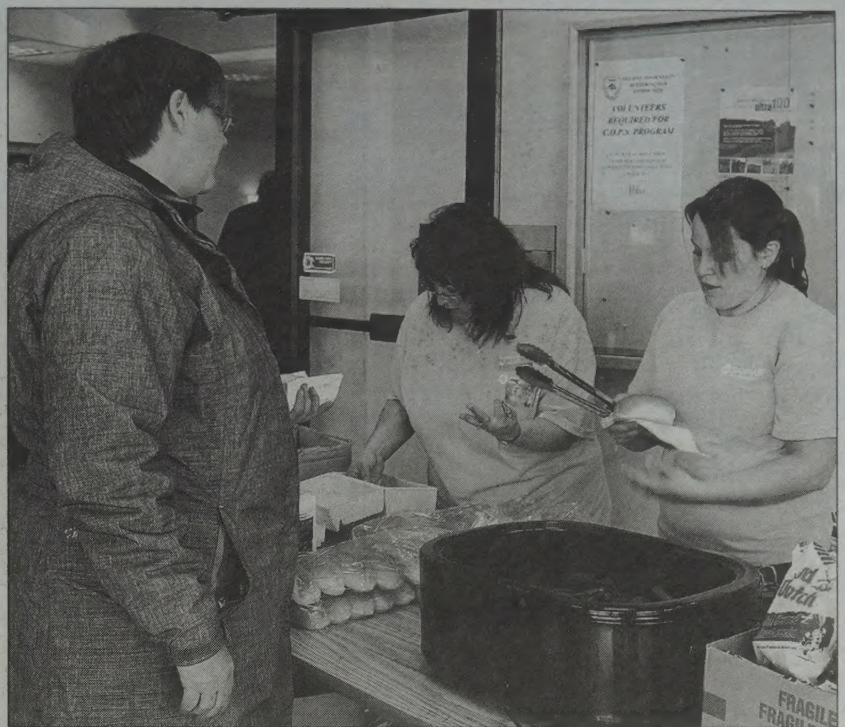
"Credit unions around the world have demonstrated their ability to improve the lives of individuals, families and communities," says Doug Horner, President of Treasury Board and Minister of Finance. "Here in Alberta, credit unions are a stable and trusted partner in the province's financial system, providing important financial services to Albertans in the communities where they live."

In 2011, credit unions across Canada contributed more than \$41.4 million to communities through financial contributions, in-kind donations and volunteerism - an increase of over 10 per cent from the previous year, according to a recent Credit Union Community Involvement Survey.

"The credit union difference has always been defined by the belief in the co-operative principle of 'people helping people'," said Graham Wetter, president and chief executive officer of Alberta Central, the central financial facility and trade association for the Alberta credit union system. "This year's international credit union day theme really summarizes it - credit unions exist to meet their members' needs, be it on an individual and/or community level. It's a simple concept, but truly reflective of our reason for being."

Credit unions in every part of the world celebrate International Credit Union Day with open houses, contests and other special events. To celebrate this year, Alberta Central initiated 1-2-3 Educate - a program that allows employees from Alberta Central and member credit unions to support local education by donating supplies to community schools or groups that focus on youth.

Alberta's 34 credit unions serve more than 650,000 Albertans from across the province. With 205 branches, credit unions offer Albertans access to one of the largest banking networks in the province. One out of six Albertans are credit union members and approximately 3,500 Albertans are employed full-time by credit unions and their affiliates.



Elk Point staff of Servus Credit Union celebrated Credit Union Day by serving up barbecued hot dogs and all the trimmings in a fundraiser for Elk Point Emergency Services, while members of Elk Point's Volunteer Fire Department did the honours at the barbecue. This annual event supports a different worthy cause each year.

Wheat Growers endorse changes to Act

SUBMITTED COPY

The Western Canadian Wheat Growers Association supports the legislative changes announced last week that will eliminate unnecessary regulatory costs in the Canadian grain handling system.

A key change is the elimination of mandatory Canadian Grain Commission (CGC) weighing and grading of grain when railcars are unloaded at port. In its place, shippers will be able to request weighing and grading by private companies accredited

by the CGC, with provision for appeal to the CGC's chief grain inspector.

Farmers will continue to have the right to have their grain officially inspected by the CGC if they are not satisfied with the grade provided on deliveries, whether at a primary elevator or by producer car at a port terminal.

The Wheat Growers also applaud changes in the legislation that will provide greater flexibility in how payments to farmers are secured. It may see the traditional bonding system replaced by an insurance

system, which could provide farmers with better coverage at a lower overall cost.

While pleased with the amendments, the Wheat Growers would like to see further changes that increase flexibility and reduce costs.

"Overall the amendments represent a good first step toward modernizing the Canadian Grain Commission," says Wheat Growers president Kevin Bender. "We will be seeking further improvements that give us greater flexibility to lower regulatory costs and create more market opportunities."

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Firearm safety starts at home

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The majority of Canadian firearm owners have long guns, which they use for hunting, sport and wildlife control. About three-quarters have a rifle, and two-thirds a shotgun, according to the RCMP. Almost always, they keep these firearms at home when not in use.

"Most gun-related deaths and injuries happen in and around the home," says Canada Safety Council president Jack Smith. "If you have firearms in your home, the best way to protect your family and visitors is to keep them unloaded and securely locked up."

A child playing with a loaded gun and inadvertently shooting a playmate is one of the most preventable tragedies. A depressed or violent person could take an unsecured gun to harm self or someone else; about 80 percent of gun-related deaths are suicides. The availability of firearms is especially dangerous when there is domestic violence.

Statistics Canada reports that twenty-one percent of intimate partner homicides are committed with a gun, usually a rifle.

Long guns are involved in most firearm mishaps and self-harm. By and large, the deaths and injuries happen simply because a gun is accessible and not securely stored. For every person killed with a firearm, an estimated 2.6 are injured, many of them very seriously; the Canadian Medical Association indicates the average length of hospital stay for firearm injuries is well over two weeks, much longer than for most other injuries.

Dr. Alan Drummond of the Canadian Association of Emergency Physicians says long guns are a major concern for doctors in rural areas. "As an emergency physician and coroner, I have seen my share of injuries and deaths inflicted by rifles and shotguns," he says. In his rural community, he finds that most firearm deaths and injuries are due to an impulsive act in a home where an unsafely stored gun is readily available.

The deliberate use of a firearm to harm self or others is deadly. When the gun is not easily accessible, the effort required to find and load it acts as a deterrent. That's why firearms must be unloaded and stored in a steel cabinet, safe or vault with the keys and ammunition in a secure location.

Safe storage also prevents unintentional shootings — which are more common than most people realize. While they are rarely fatal, they can result in severe injuries. A report by SmartRisk found that in one year, gunshot wounds accounted for 624 emergency room visits. Injuries that were not deliberate represented 63 per cent of the ER visits, and 39 per cent of the 199 admissions.

Unload and lock your firearms — store them safely

If you have firearms in your home, or if family members visit the homes of friends who do, the Canada Safety Council advises you to check that these safe storage practices are in place:

- Ensure firearms are unloaded at all times when stored.
- Lock the firearms in a cabinet, safe or room that was built or modified specifically to store firearms safely. Make sure the structure is difficult to break into.
- Attach a secure locking device, such as a trigger lock or cable lock (or remove the bolt) so the gun or rifle cannot be fired.
- Store ammunition separately and lock it up. While ammunition can be stored in the same container as the firearm, it should be locked up separately. Again, make sure it is difficult to break into.
- Children must not have access to the keys used to lock up firearms and ammunition. Always keep them in a secure and safe place.
- Teach your children not to handle firearms without adult supervision.

During hunting season, unload and lock firearms in transit

Safe transport is as important as safe storage, especially for hunters who carry long guns in their vehicles. The Canada Safety Council offers these tips:

- Unload your guns when you leave the field or the forest, and place a trigger lock on the unloaded weapon before bringing it home after a hunt. Muzzleloaders can be kept loaded when being transported between hunting sites, but the firing cap or flint must be removed.
- Lock all guns in a sturdy container that doesn't let anyone see what is inside. If you must leave your vehicle unattended while there are guns in it, lock them up in the trunk or in a similar lockable compartment. If the vehicle has no trunk or lockable compartment, put the firearms (in their containers) out of sight inside the vehicle and lock it up.

Are you ready for winter?

SUBMITTED COPY

With winter just around the corner, now is the perfect time to look after some important details to ensure your vehicle is ready for the season.

Avoid the risks of being stranded at roadside in frigid temperatures with these simple tips.

- Have your battery tested and cleaned. Cold weather can reduce battery capacity by up to 50 per cent. Start the winter with a clean, well-charged battery.
- Test your block heater. A Plug Alive™ block heater tester, available at any AMA centre, tests your block heater, the power source and your cord.
- Plug in your vehicle. When temperatures dip below -15C, one of the most important things to do is plug your car in, which allows your block heater to warm your engine.
- Replace your engine oil with synthetic grade oil. As temperatures drop, regular oil thickens, making it harder for your engine to turn over.
- Have a spare key handy. AMA responds to more than 300 calls a day across the province from members who have locked their keys in their vehicle. Keep a spare key handy at all times.
- Consider winter tires and check your tire pressure, including the spare. It's a fact that using winter tires improves traction and steering control while reducing stopping distances. Properly inflated tires in good condition are essential to safe winter driving.
- Pack an emergency road kit. Keep this inside your vehicle and go through it each season. In winter, it should contain a shovel, candles, matches, flashlight, booster cables, gloves, toque and a blanket. Emergency kits can be purchased at any AMA Centre.
- Keep your gas tank at least half full. This reduces condensation that can cause gas-line freeze-up and also ensures you won't run out of gas in emergencies.
- Check the latest information on weather and road conditions at ama.ab.ca/RoadReports.

Visit ama.ab.ca/FallCarCare for more information on preparing your vehicle for winter.

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